

Basketball Stations

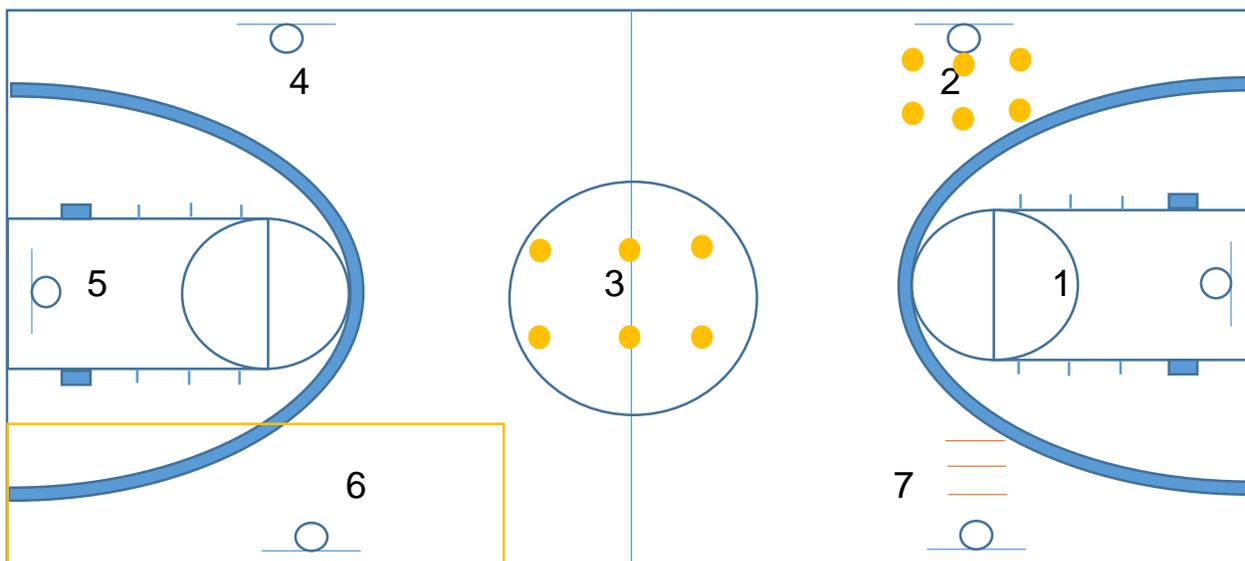
Grade: K-4

Time: 45-60 minutes

Equipment: 23 +/- basketballs, 2 hula hoops, 12 poly spots, floor tape, music

SHAPE Standards: S1.E3.K, S1.E3.1, S1.E3.2, S1.E3.3, S1.E6.3, S1.E6.4, S1.E16.Ka, S1.E16.Kb, S1.E17.K, S1.E17.1, S1.E17.2a, S1.E17.2b, S1.E17.3, S1.E17.4a, S1.E17.4b, S1.E20.4, S1.E26.4, S2.E1.Ka, S2.E1.3, S2.E1.4a, S2.E1.4b, S2.E1.4c, S2.E5.3a, S2.E5.3b, S2.E5.4a, S2.E5.4b, S3.E2.K, S3.E2.1, S3.E2.2, S3.E2.3, S3.E2.4, S4.E1.K, S4.E1.1, S4.E1.2, S4.E1.3, S4.E1.4, S4.E2.K, S4.E2.1, S4.E2.2, S4.E2.3, S4.E2.4, S4.E3.K, S4.E3.1, S4.E3.2, S4.E3.3, S4.E3.4, S4.E4.K-4, S4.E5.K-4, S4.E6.K-4, S5.E2.K-4

Set Up



Overview

These stations are intended to allow students to practice the skills of basketball including shooting, lay-ups, dribbling, passing, and ball handling. The numbering of stations is for organization, you may change the pattern and rotation of the stations to better suite your students' needs and your space. Students practice at each station for 3 minutes. After they

hear the whistle, or the music turns off they are done with the station. Have them return the balls and equipment to the starting spot for each station, and then rotate to the next station. They do not begin until they hear the whistle of the music begins again. Rotate through each station at least twice during class. If possible lower the hoops to an appropriate height for the students. Typically the sideline hoops are lower than the baseline hoops for an elementary gym.

Station 1 – Free Throw

Students practice shooting free throws at this station. Place two basketballs at this station. For younger students allow them to shoot closer to the basket, and place a hula-hoop over the basket so that they can aim for the hula-hoop if they are not strong enough to reach the 10 foot basket. Remind them of the cues for shooting, and be sure to provide constructive feedback. Once a student shoots, they retrieve their ball and pass the ball to the next student who does not have a ball.

Station 2 – Polyspot Dribbling

Students practice dribbling in a stationary position. They may dribble on their polyspot, or to the side of the spot for a more authentic bounce and feel for the ball. Practice dribbling with the dominant hand, non-dominant hand, and alternating. For advanced students they may practice between the legs or behind the back. For less skilled students dribble once and catch each time. Work their way up to dribbling multiple times in a row.

Station 3 – Passing

Students partner up within their group and practice passing. Place polyspots or floor tape the appropriate distance between each partner. Place an X about half way between the spots/tape to give students a visual of where to bounce the ball for a bounce pass. Students practice chest passing and bounce passing here. For more advanced students and higher ages place a cone at each passing spot to represent a defender for the students to practice a side arm pass.

Station 4 – Right Hand/Left Hand Lay-Up (3-5), Ball Control (K-2)

Students 3-5 will practice the right hand lay-up here. Place two balls at this station. Mark an X on the ground where the students should take off from, and an X on the backboard where the students should be aim to bank the ball off of. Discuss the two step take off. Be sure to cover jumping off of the left foot, right knee goes up and follows right elbow. Describe this as the right knee and right elbow being connected by a string and demonstrate this. Explain the left hand lay-up the same way using opposite sides.

Students K-2 will practice ball control here. Each student will have their own ball and they will be practicing body wraps. Wrap the ball around the ankles, then the knees, then the waist, then the chest, and finally the head. Begin back at the head and work back down to the ankles. They may also practice 0's or figure 8's. For 0's students roll the ball on the ground around one foot. After 5 times around, switch to the other foot. For figure 8's students alternate around each foot making a figure 8 pattern while doing so. Practice 5 times in a row in one direction, then switch and complete 5 times in the other direction. Keep alternating for duration of station.

Station 5 – Around the World

Students practice close range, high-percentage shots, and further distance shots for this station. They start at the low block and work their way up the hash marks. Once they get to the elbow they go to the foul line, then to the other elbow, and finally work their way back down the hash marks back to the low block. When a student makes their shot they advance to the next spot. If a student misses a shot they may 'chance'. If they 'chance' they can take a second shot from the same spot, but if they miss they go back to the beginning. If they miss and do not chance they will continue their next turn from where they missed. To increase the difficulty play Around the World and Back Again. Students must go from one low block to the other, and shoot all the way back to the beginning.

Station 6 – Dribble Tag

Each student will have a ball at this station. Students will practice shielding the ball from the defense and traveling while dribbling. The students will dribble their ball in a marked off area and attempt to swat another student's ball out of their control. If a student loses control of their ball they must complete 5 burpees (or another specified exercise) before returning to the game. Explain proper dribble technique. Dribble with finger pads, keep ball waist height, eyes up while moving. More advanced students may switch hands, dribble behind their back, dribble between their legs, etc.

Station 7 – Make It Take It

Students will take up to three shots in a row at this station. They will begin at the close range line. If they make this shot they will move back to the mid-range line. If they make the mid-range shot they will move back to the deep-range shot. Students need to focus on their shooting technique and work within their range. If the mid or deep-range shot is too far, they may continue shooting from the distance appropriate for their strength. Once a student misses they must give the ball to the next student in line who does not have a ball. Place a hula-hoop around the basket for younger and weaker students to shoot at.